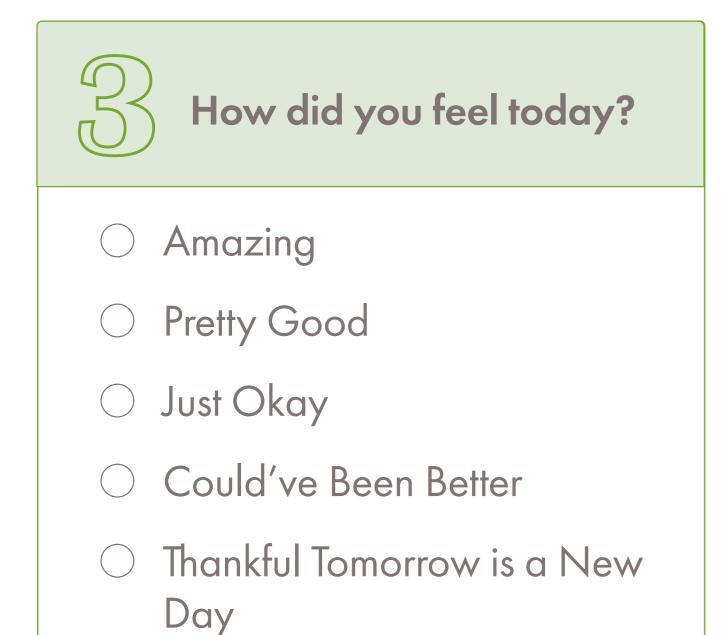
Evening Reflection EXERCISE

Spending just a few minutes at the end of the day before you begin your nighttime wind-down routine can help set you up for rest and get you ready for an amazing day tomorrow!

Write down what went well today.

Take a few minutes to reflect and celebrate a few "wins" from your day.





that happened.

What would you like to repeat or change tomorrow?



